



#### Contact us

[sydney.edu.au/medicine/  
public-health/prevention-research](http://sydney.edu.au/medicine/public-health/prevention-research)  
+61 2 8627 1850  
[prc.admin@sydney.edu.au](mailto:prc.admin@sydney.edu.au)

# Prevention Research Collaboration

2017-18 Annual Report



Thank you to Elly Howse from  
the Prevention Research  
Collaboration for assistance in  
preparing this report.

# Prevention Research Collaboration

2017–18 Annual Report

## Contact us

[sydney.edu.au/medicine/  
public-health/prevention-research](http://sydney.edu.au/medicine/public-health/prevention-research)  
+61 2 8627 1850  
[prc.admin@sydney.edu.au](mailto:prc.admin@sydney.edu.au)



## Discover

A message from the Director .....	2
Strategic Directions 2014-19 .....	3
Governance .....	4
2017-18 at a glance .....	5
Meet some of our people .....	6

-

## Research in action

The Australian Prevention Partnership Centre .....	9
Physical Activity, Nutrition and Obesity Research Group .....	10
Sport and Active Recreation INTERvention and Epidemiology Research.....	12
Social marketing and mass media research network.....	13
Dog ownership and human health .....	14

-

## Expertise and engagement

Teaching, training and capacity building ..	15
Partnerships and collaboration.....	16

-

Seminars and talks .....	18
Grants, fellowships and awards.....	20
Publications .....	21

## A message from the Director

Over the last fifteen years the Prevention Research Collaboration (PRC) has cultivated a range of partnerships with policymakers, practitioners and non-government organisations. The past year was no exception – we saw an increase in the output and influence of the PRC.

The PRC was one of seven successful applicants in the 2017 round of the NSW Health Prevention Research Support Program. This five year grant program supports prevention and early intervention research infrastructure to help translate evidence from research into policy and practice in NSW.

At the beginning of 2017 we welcomed Dr Lindsey Reece from the UK to head up our new SPRINT unit – a collaboration with the NSW Office of Sport to promote physical activity and sport participation in NSW. As part of this program of research, we welcomed Dr Justin Varney (Public Health England) and Ms Kay Thomson (Sport New Zealand) to share their experiences of England's approach to physical activity policy. The Collaboration also co-hosted a major seminar in March 2018 with the NSW Office of Sport.

We continued our close partnership with the NSW Ministry of Health and various Local Health Districts in NSW. The Collaboration works to scale up evaluation research of major policy changes and new initiatives, including the new Framework for Healthy Food and Drinks in NSW health facilities, and the evaluation of the Make Healthy Normal lifestyle campaign. We supported the major childhood obesity prevention program in South Western Sydney LHD, and supported other prevention projects in Murrumbidgee, Central Coast, Northern Sydney, Illawarra and Hunter LHDs.

PRC drove several major projects with The Australian Prevention Partnership Centre (TAPPC). The Centre works to champion research-informed changes to chronic disease prevention policy and practice.



Our efforts in research collaboration and translation were noted by the award of the 2017 University of Sydney Vice-Chancellor's Award for Outstanding Research Engagement and Innovation. This prestigious award noted that we had impacted public health and chronic disease prevention policy and practice locally, nationally and globally.

The last year also saw some staffing changes. We welcomed back Associate Professor Ben Smith and our physical activity expert Manos Stamatakis was promoted to Professor. We had three PhD completions – Dr Melanie Crane, Dr Rona MacNiven and Dr Amy Vassallo.

We also bade farewell to a number of long-term staff: Dr Sinead Boylan, Dr Louise Hardy and Dr Josephine Chau. We wish them the best for the future and look forward to collaborating on future prevention research and evidence to improve population health.

**Professor Adrian Bauman**  
Director, Prevention Research Collaboration  
Sesquicentenary Professor of Public Health,  
Sydney School of Public Health  
Faculty of Medicine and Health and Charles Perkins Centre

# Strategic Directions 2014–19

## Our vision

The Prevention Research Collaboration is a team of researchers, practitioners and policymakers in the Sydney School of Public Health and Charles Perkins Centre at the University of Sydney. We aim to develop collaborative research solutions for a healthier world.

## Our mission

We will undertake research of the highest quality, in a collaborative endeavour involving researchers and decision makers, to create the knowledge needed for better policy and practice in the prevention and control of non-communicable diseases.

We will give our priority endeavour to research in physical activity, nutrition and obesity, bringing expertise, innovation, support and solutions for preventing disease and promoting health.

## Our goals

### Quality Research

We aim to maintain a portfolio of high quality and internationally recognised population health research.

### Research to inform action

We aim to conduct research to generate the new knowledge needed for better policy and practice.

### Integrated approaches

We aim to increase integrated approaches to applied prevention science, through a partnership approach involving researchers, policymakers and practitioners.

### Workforce development

We aim to implement research-focussed workforce development activities to enhance the planning, implementation and evaluation of policy and practice in the prevention and control of non-communicable diseases.

### Stakeholder engagement

We aim to apply marketing and communication strategies to engage key audiences, strengthen our reputation as a sound research organisation to invest in, increase our recognition as a quality provider of research and as an advocate for evidence-informed prevention policy and practice.

### Governance

We aim to develop governance and management processes to strengthen organisational resilience and responsiveness to change in the political, economic, social and technological operating environment.

# Governance

## Strategic Advisory Board

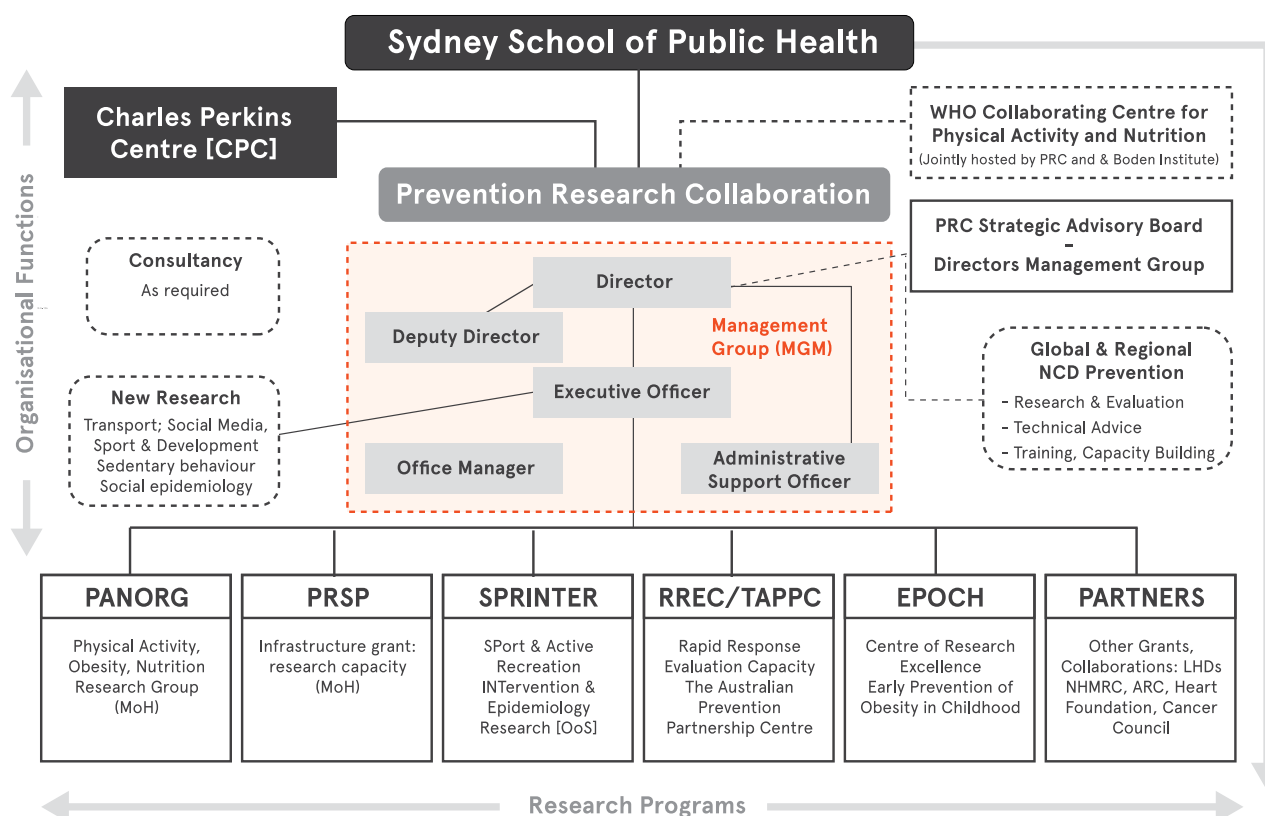
The Prevention Research Collaboration has a Strategic Advisory Board with formal terms of reference, chaired by Professor Don Nutbeam. The purpose of the Strategic Advisory Board is to advise the PRC on how best to fulfill its mission and achieve the goals set out in the PRC Strategic Directions 2014-2019. Members of the Board include NSW Ministry of Health, NSW Office of Sport, Local Health District representatives, The Heart Foundation and Cancer Council NSW.

PRC also has a Management group comprising of Director, Deputy Director, Executive Officer, Senior Academic Lead and Office Manager for operational issues, financial tracking and oversight.

## Funding

PRC is externally funded through a mix of sources, comprising traditional research funding such as NHMRC and ARC scientific grants as well as government and non-government agencies who are seeking research support and evidence to guide policy and practice. In 2017-18, funding included:

- the Prevention Research Support Program [PRSP] – funded by NSW Ministry of Health for research infrastructure and capacity building
- the Physical Activity Nutrition Obesity Research Group [PANORG] – funded by NSW Ministry of Health for prescribed areas of research
- Rapid Response Evaluation Capacity – funded by The Australian Prevention Partnership Centre [TAPPC]
- the SPort and Active Recreation INTervention and Epidemiology Research [SPRINTER] Program – funded by the NSW Office of Sport.



# 2017-18 at a glance



**\$5.3 million** in grant funding and income



**140+** Peer-reviewed publications

**300+**

Students taught



**90+** Training and capacity building participants

**42**

Staff and affiliates



**20+** Honours, MPhil and PhD students supervised

**15**

Seminars and talks with PRC researchers and international experts



# Meet some of our people



## Professor Louise Baur AM

Louise is a paediatrician and an internationally renowned childhood obesity researcher.

Louise is the Director of the NHMRC Centre of Research Excellence in the Early Prevention of Obesity in Childhood (EPOCH) and is an active member of The Prevention Research Collaboration. She also co-chairs the Health Services Committee of the World Obesity Federation and is a Founding Fellow and Council Member of the Australian Academy of Health and Medical Sciences.

Louise has a special interest in the prevention and management of child and adolescent obesity. Her research also explores strategies for the provision of health services for people affected by obesity.

Louise has published and taught widely in the field of paediatric obesity, nutrition and public health.

Louise was made a Member of the Order of Australia (AM) for service to medicine, in the field of paediatric obesity.



## Associate Professor Philayrath (PH) Phongsavan

Philayrath is Deputy Director of the Prevention Research Collaboration and Deputy Head of the Sydney School of Public Health.

Philayrath specialises in behavioural science, social epidemiology and health promotion theory. She researches how people interact with their social and physical environment and each other under different contexts.

Her research combines behavioural science with the development and evaluation of chronic disease prevention and health promotion programs. Other research interests include evaluating the impact of redesigning of urban public open spaces in socially disadvantaged areas and the effect on residents' physical activity behaviour, obesity and sense of community and safety.

Philayrath is the coordinator of core and elective units in the Master of Public Health program, including: disease prevention and health promotion; lifestyle and chronic disease prevention; and evaluation of mass media campaigns in low and middle-income countries.





#### **Professor Emmanuel (Manos) Stamatakis**

Manos is a National Health and Medical Research Council (NHMRC) Fellowship recipient who joined the University of Sydney in 2014. He is an expert in physical activity epidemiology and intervention research who leads an extensive program of research investigating how lifestyle and health behaviours influence cardiometabolic health and risk.

Manos leads the Charles Perkins Centre project nodes on Incidental Physical Activity and Sedentary Behaviour; and Dog Ownership and Human Health, a research cluster in the Prevention Research Collaboration.

He has published extensively in all leading epidemiology, preventive medicine, and exercise journals as well as in major medical, cardiology and multidisciplinary journals. His work is regularly cited and he has received funding from major UK, Australian and international funders.

In 2018 Manos was awarded a Sydney Research Accelerator (SOAR) Fellowship.



#### **Dr Melody Ding**

Melody is an epidemiologist and Senior Research Fellow in the Prevention Research Collaboration. She has authored over 100 peer reviewed papers and in 2016 led a highly successful Lancet series on physical activity.

Melody's work focuses on improving population health through high quality epidemiological research and behavioural change, with a particular emphasis on physical activity, chronic disease prevention and addressing the public health impacts of climate change.

In 2017 Melody received a Vice-Chancellor's Award and a Faculty of Medicine Award for Excellence in Early Career Research. In 2018 she received a Sydney Research Accelerator (SOAR) Fellowship. She has also received several grants from the Heart Foundation of Australia to investigate cardiovascular health among different groups.

Melody is an adjunct professor at San Diego State University and oversees a long term epidemiological collaboration with Fudan University, Shanghai.

## Meet some of our people



### Mr James Kite

James is a PhD Candidate in the Prevention Research Collaboration. He is also a Lecturer and Associate Director of Teaching and Learning (eLearning) in the School of Public Health.

Before joining the University of Sydney, James worked in various NSW Government departments in research and evaluation of chronic disease prevention initiatives.

James' research interests are predominately in social marketing, especially in relation to the role that social media and other digital media can and does play in public health.

As part of his PhD, James is leading the evaluation of the NSW Government's Make Healthy Normal campaign, focusing on the role of social media in the campaign to challenge the normalisation of overweight and obesity and encourage healthier behaviour change at the population level.

In 2018 James was awarded a Vice-Chancellor's Award for Outstanding Early Career Teaching for curriculum design and teaching in disease prevention and health promotion.



### Dr Anne Grunseit

Anne has been with the Prevention Research Collaboration since 2009, first as a Research Fellow with PANORG, and now as a Senior Research Fellow with TAPPC.

Anne has more than 20 years' experience in behavioural epidemiology, evaluation and social research with government, university and non-government organisations. She conducts both qualitative and quantitative research in physical activity, sedentary behaviour, risk factors for obesity, social marketing and mass media campaigns, and tobacco control.

Anne also specialises in the evaluation of large scale public health interventions and the teaching of evaluation methods. Her work is now starting to expand further to more grass-roots, community-based events such as parkrun.

Anne will continue to conduct policy-relevant research in lifestyle-related chronic disease prevention, and explore how we best generate and implement intervention to maximise impact and reach into the community.

# Research in action

## The Australian Prevention Partnership Centre

The Australian Prevention Partnership Centre ('TAPPC') is a national initiative that is finding new ways to prevent Australia's greatest health problem: the epidemic of lifestyle-related chronic diseases. TAPPC works with leading academics, policy makers and practitioners from across Australia to co-produce an ambitious program of prevention research that is relevant and timely. PRC provided the 'evaluation capacity' to TAPPC in 2017-18.

TAPPC is funded through the National Health and Medical Research Council (NHMRC), NSW Health, ACT Health, the Australian Government Department of Health and the HCF Research Foundation. More than 150 individuals from 28 agencies national are involved, including the Prevention Research Collaboration.

### Rapid Response Evaluation Capacity

PRC hosts the TAPPC Rapid Response Evaluation Capacity team, working in partnership with policymakers and practitioners to produce research with translatable findings and practical applications.

In 2017 and 2018, PRC was involved the development of a number of tools to assist policymakers in their prevention work, such as a survey instrument measuring partnership in collaboration with ACT Health. The tool has been used not only by ACT Health to evaluate its whole-of-government healthy weight initiative, but also has been sought by other Australian and international organisations since its publication.

PRC also published a study of community perceptions of government intervention based on the Australian Perceptions Of Prevention Survey ('AUSPOPs'). This work, led by Dr Anne Grunseit and Dr Melanie Crane, showed that community perceptions are more complex and nuanced than a simplistic 'nanny state or freedom' framing.

Other work of the Rapid Response Evaluation Capacity team includes:

- Working with the NSW Ministry of Health to develop a Scaling-up Assessment tool for use by policymakers preparing to implement a program at population level
- Examining the impact of a weight maintenance program for health insurance fund members, led by PhD Candidate Bronwyn McGill
- Building relationships in education and training on complex program evaluation.

TAPPC will now enter its second phase, securing a second round of funding from the NHMRC. PRC researchers will continue to build on the success of the first five years of TAPPC through ongoing work in implementation, evaluation and community attitudes to prevention.

"The Rapid Response Evaluation Capacity team at PRC will continue to work with the NSW Ministry of Health to assist with the evaluation of community-based projects to ensure research is translated into practice."

**Dr Anne Grunseit**  
Senior Research Fellow, TAPPC



The Australian Prevention  
Partnership Centre  
Systems and solutions for better health

# Research in action

## Physical Activity, Nutrition and Obesity Research Group

The Physical Activity, Nutrition and Obesity Research Group ('PANORG') of PRC is funded by NSW Health and works closely with the Centre for Population Health, Ministry of Health.

PANORG researchers provide evidence and information, support evidenced-based policy, conduct applied research and evaluation, and build workforce capacity in the promotion of physical activity, healthy eating and prevention of overweight and obesity in NSW.

In 2017-18, PANORG was led by Professor Bill Bellew and Dr Margaret Thomas. PANORG researchers contributed substantially to:

- Evaluation design for new policy frameworks developed by the NSW Ministry of Health
- Analysis of the Schools Physical Activity and Nutrition Survey (SPANS)
- Evaluation capacity building in local health districts in NSW
- Evidence reviews of childhood obesity.

PANORG researchers have also contributed to the evaluation of the Make Health Normal campaign and provided support for other key projects such as the Growing Healthy Kids in South West Sydney project.

### Food and Drink in NSW Health Facilities

In 2017-18, PANORG has engaged with the Ministry of Health in a co-production approach to evaluate the Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework.

PANORG's role has included input to the Evaluation Framework and the design and conduct of several process, impact and outcome evaluation projects. These projects form a substantial part of the overall evaluation of this significant policy evaluation.



“Wealth of knowledge that was very useful to tap into in a supportive environment.”

Participant, Pragmatic Health Promotion  
Evaluation training

“Felt very supported having an expert discuss my project with me.”

Participant, Pragmatic Health Promotion Evaluation training

“Fantastic workshop providing knowledge and skills that I can actually use.”

Participant, Pragmatic Health Promotion Evaluation training



Participants at the Pragmatic Health Promotion Evaluation workshop

### Schools Physical Activity and Nutrition Survey (SPANS)

The PANORG work program also includes conducting and analysing the Schools Physical Activity and Nutrition Survey (SPANS) of school aged children. In 2017-18 leaders of the SPANS projects, Dr Louise Hardy and Dr Seema Mhrshahi, published several policy relevant papers from the 2015 SPANS.

These include papers on 30 year trends in overweight and obesity, the health behaviours of kindergarten children and those from CALD and Indigenous populations, changes in fundamental movement skills over time, children’s school lunch purchases, and impacts of adolescent consumption of sugar sweetened beverages on oral health and weight status.

PANORG has also undertaken secondary analysis of state and national population health data with a focus on fruit and vegetable consumption and physical activity in order to inform policy and practice. Two rapid reviews of evidence have been conducted on impact of changes in food and drink offerings in school canteens and impact of public water fountains. In addition to this, we have undertaken analysis of evidence for changes in daily energy intake associated with reduction in availability of sugar sweetened beverages for Ministry planning purposes.

### Pragmatic Health Promotion Evaluation Training

PANORG has a strong focus on building research and evaluation capacity in health promotion and disease prevention. In early 2018, PANORG conducted a Pragmatic Health Promotion Evaluation Workshop in partnership with the NSW Branch of the Australian Health Promotion Association (AHPA).

Health promotion staff from Local Health Districts (LHDs) and members of AHPA employed by non-Government organisations were invited to attend the workshop to build their knowledge and skills in health promotion project evaluation.

The 28 participants, including 21 from LHDs, heard presentations from PRC researchers Associate Professor Ben Smith, James Kite and Dr Margaret Thomas. The workshop also included sessions devoted to working through participants’ evaluation projects and supporting peer networking.

Participants found the overall workshop very useful and relevant rating the day 4.6 out of 5. Discussions were lively throughout the day and participants enjoyed the opportunity to network with others and facing similar challenges. Through the hashtag #PRCqanda workshop tweets reached 5,683 accounts making over 75,000 impressions.

The workshop started an ongoing conversation among health promotion professionals engaged in evaluation and with PANORG team members.



# Research in action

## Sport and Active Recreation INTERvention and Epidemiology Research

Working at the intersection where research meets policy and practice, the SPRINTER (SPort and Active Recreation INTERvention and Epidemiology Research) group aims to promote the successful integration of public health within the sports sector.

Beginning in 2017, SPRINTER is a collaborative partnership between PRC and the NSW Office of Sport.

SPRINTER works to unite wider agencies across the sporting sector through intervention, epidemiology and evaluation research. New and exciting partnerships have been fostered by SPRINTER, leading to innovative inter-disciplinary research and policy reform.

In 2017-18, SPRINTER has demonstrated the significant role research can play to influence policy decisions within the NSW Government, such as the design of the evaluation framework for Active Kids.

World leading in its size, scope and approach to evaluation, Active Kids is a flagship \$2017 million sport and physical activity voucher program for school-aged children and young people. Active Kids is an opportunity for sport to work in bold ways, supported by SPRINTER driving the evidence base.

SPRINTER has also supported the development of the NSW Women in Sport strategy, providing the evidence base to enable NSW to drive gender equity throughout the sporting sector.

SPRINTER continues to strengthen its relationship with the NSW Office of Sport, embedding itself within the everyday culture and driving evidence-based policies.

“The Office of Sport is dedicated to continued collaboration with SPRINTER to understand the value of sport, active recreation and physical activity towards improving the health and wellbeing of people in NSW.”

**Dr Phil Hamdorf**  
Executive Director, NSW Office of Sport

“The SPRINTER mission is to assist the government to lead and shape Australia’s sport and physical activity system through the delivery of world class research translated into policy and practice.”

**Dr Lindsey Reece**  
Director of SPRINTER

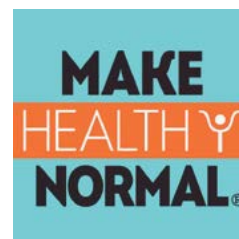


NSW Office of Sport and SPRINTER team

# Research in action

## Social marketing and mass media research network

The Prevention Research Collaboration has been active on a variety of fronts in social marketing, mass media and social media research.



A key project of PRC in 2017-18 was our partnership with NSW Health to evaluate the Make Healthy Normal campaign. This project includes evaluations of both Phase 1 and Phase 2 of the campaign as a whole, as well as evaluations of the campaign Facebook page, consultations with local implementers of the campaign, and post-campaign qualitative evaluation with the target audience.

“Rigorous and comprehensive evaluation of campaigns, including media other than television, is still needed to understand how and why campaigns work, or don’t work, to influence population health behaviours.”

**James Kite**  
PhD Candidate

Other research in this network included:

- A review led by James Kite of overweight and obesity mass media campaigns found that while campaigns can have an impact on intermediate outcomes, such as knowledge, there is limited evidence on whether they can influence behaviour change.
  - Pilot research led by Dr Stephanie Partridge with cardiac patients, which demonstrated that patients are receptive to contact from health professionals via social media. The study results showed that Facebook has potential as a health service delivery tool.
  - Conceptual review led by Dr Josephine Chau of peer-reviewed papers that self-identified as either a social marketing campaign or a mass media campaign. The analysis suggested a lack of clarity about what campaign features are essential to social marketing. The checklist developed by Dr Chau and colleagues for this review can also guide non-experts in appraising the evidence and planning effective social marketing campaigns.
  - Development of ‘social countermarketing’ as a new form of public health marketing, and developing a return-on-investment calculation to allow comparison between disparate campaigns. These two studies, led by Professor Bill Bellew, provide valuable and unique contributions to the literature and are highly policy-relevant
  - Current practices in mass media campaigns and on social media, including work by Dr Becky Freeman and Christina Watts to examine how transnational tobacco companies are using Twitter to oppose tobacco control policy and shape their public identity by promoting corporate social responsibility initiatives in violation of WHO Framework Convention on Tobacco Control.
  - Dr Freeman also partnered with colleagues from the Menzies School of Health Research to examine social media-based health promotion approaches in Aboriginal and Torres Strait Islander populations. This research found that the social capital generated by supportive online environments may be more likely to generate greater traction than confronting and emotion-inducing approaches used in mass media campaigns for some health topics.
- PRC has also continued to develop our work in the evaluation of mass media and social media campaigns, both within Australia and internationally. Internationally, PRC has provided evaluation advice, analysis, or other support provided to campaigns in England, United Arab Emirates, Portugal and the Pacific, including a tobacco control mass media campaign in Tonga.



# Research in action

## Dog ownership and human health

The interdisciplinary research group *Dog ownership and human health* is a collaboration between PRC and the Charles Perkins Centre. The group includes public health experts, epidemiologists, exercise and sport scientists and veterinary scientists to produce robust and translatable research about dog and human health.

The team has a number of research studies, including controlled trials in the community and major NSW rescue shelters, laboratory and clinical studies, epidemiological analyses of large population datasets, and qualitative studies to examine the influence of dog ownership on human physical and mental health and social wellbeing.

In 2017 the node began work on their pilot trial of The Physical and Affective Wellbeing Study of Dog Owners (PAWS).

Over 80 participants were recruited into the study, of which a third will adopt a dog during the trial, another third have a future interest in dog adoption and the final third have no interest in dogs at all. Physical activity, sleep, stress hormone, blood pressure and cardiorespiratory data from participants have been collected and will be analysed. The study team will compare participant data across 3 time points during an 8-month period to assess changes in physical and psychological health outcomes with the results to be published in the near future.

Recruitment for the PAWS main trial will begin in late 2018. Based on knowledge gained throughout the pilot trial, this study will be designed for optimal robustness and data quality. The node is excited to conduct the first controlled trial to examine the health effects of 'real world' dog ownership – and whether it could promote human health.



“While it is generally accepted that the coexistence of dogs and humans is beneficial for human health, scientific evidence is scant. We’re working to change that – we aim to produce robust research evidence that can make the most of dog-human coexistence.”

**Professor Manos Stamatakis**  
Node Leader

# Expertise and engagement

## Teaching, training and capacity building

In 2017 and 2018, the Prevention Research Collaboration showcased our teaching, training and capacity building expertise across key areas of chronic disease prevention, health promotion and evaluation.

Our researchers and PhD students taught core and elective subjects in public health and non-communicable diseases in the Master of Public Health program, a prestigious postgraduate degree offered by the Sydney School of Public Health – ranked first in the Asia-Pacific region and 18th globally.

PRC experts contributed to the development and launch of the Charles Perkins Centre ‘MOOC’ (Mass Open Online Course) in chronic disease prevention. This course showcases the Centre’s expertise in prevention and health promotion, including in areas such as nutrition, physical activity and obesity.

PRC also conducted training and capacity workshops for a diverse range of policymakers, researchers and practitioners. With the Australian Prevention Partnership Centre, PRC ran several online and face-to-face workshops on *Complex program evaluation for public health*.

In addition to this, PRC conducted several program evaluation workshops for NSW Ministry of Health staff and for public health and Aboriginal health trainees.

Through our work with the World Health Organisation Collaborating Centre on Physical Activity, Nutrition and Obesity, we conducted online training workshops for international prevention practitioners and reached participants in over 40 countries.

### Teaching

- Disease prevention and health promotion
- Mass media campaigns and social marketing
- Public health advocacy strategies
- Lifestyle and chronic disease prevention
- Tobacco control in the 21st century
- Public health program evaluation methods
- Fundamentals of public health nutrition

### Charles Perkins Centre

- Chronic disease prevention ‘MOOC’

### TAPPC

- Complex program evaluation (online and face-to-face)

### NSW Ministry of Health

- Program evaluation

### WHO Collaborating Centre

- Online training for physical activity and obesity prevention

# Expertise and engagement

## Partnerships and collaboration

### Charles Perkins Centre

PRC has formal links across the Charles Perkins Centre and is the home of one of the key themes of the Centre – the Physical activity, exercise and energy expenditure theme. This theme has seminars, mentors the development of new research nodes, and supports cross-faculty research within the University.

In the past year, we have developed innovation links with the Faculty of Engineering and IT and the School of Architecture, Design and Planning, looking at how the built environment affects physical activity levels and health outcomes.

Researchers from PRC also worked with the Centre to establish important external partnerships, such as with Qantas on their new Perth-London non-stop flight. The aim of this innovative project is to develop the optimum pre-flight and in-flight activities to support the health of travelers during long-haul flights.

In addition to these ventures, PRC also facilitated the development of the Charles Perkins Centre Epidemiology Unit, which was launched in early 2018. The unit is managed by a group of epidemiology experts and researchers including Professor Natasha Nassar, Professor Adrian Bauman, Professor Manos Stamatakis and Dr Melody Ding.

### NHMRC Centre for Research Excellence

The NHMRC Centre for Research Excellence in the Early Prevention of Obesity in Childhood ('EPOCH') is based at the Prevention Research Collaboration, with collaborators at seven other universities in Australia, New Zealand and the United Kingdom.

The Centre is led by Professor Louise Baur and was established in 2016. The Centre focuses on how obesity in early childhood can be prevented and the translation of evidence into policy and practice in Australia and internationally.

In 2017 and 2018, EPOCH researchers and PhD candidates presented their work in the media, at conferences and through numerous publications, including submissions to parliamentary inquiries into childhood obesity.



EPOCH CRE staff and students

### WHO Collaborating Centre

A key global partnership for PRC is our engagement with the World Health Organisation (WHO) Collaborating Centre on Physical Activity, Nutrition and Obesity, co-hosted by PRC and the Boden Institute at the University of Sydney.

In 2017 and 2018, PRC continued work with WHO in Geneva and regional offices in the Western Pacific, Middle East and Europe. Professor Bill Bellew represented PRC and the Centre through his outstanding leadership at WHO to develop the Global Action Plan for Physical Activity and supported its dissemination throughout the Western Pacific region.

PRC continues to forge close partnerships and capacity building with low and middle income countries in our region, supporting training of policymakers and practitioners and driving greater support for addressing non-communicable diseases.

### Tonga Health Promotion Foundation

In July 2017, Phase 2 of the tobacco control mass media campaign Tuku Ifi Leva (Quit Smoking Now) was launched with the support of TongaHealth (Tonga Health Promotion Foundation), the Australian Government and the World Health Organisation.

Tobacco use in Tonga is among the highest in the world, with 46% of men and 13% of women smoking. Tuku Ifi Leva aimed to deliver hard-hitting messages about the impact of smoking over a 6 week period across TV, radio, press, social media, billboards, posters and bus stickers in Tonga.

A team of PRC researchers led by Associate Professor Philayrath Phongsavan are currently evaluating the campaign using a longitudinal pre-post study design. The study evaluates the impact of the campaign in reaching target audiences, raising awareness, shifting attitudes and changing smoking behaviours amongst adults in Tonga. PRC has worked closely with TongaHealth and the Tonga International Academy, sharing our research and expertise in mass media campaign evaluation to build capacity in Tonga.



One of the Tuku Ifi Leva campaign materials in Tonga

# Seminars and talks

Seminar title	Presenters	Partner Institution/Group	Date
'Big Food, Big Soda, Big Trouble' colloquium	Robin Ireland Bridget Kelly Becky Freeman James Kite Alexandra Jones Wendy Watson Bill Bellew Tim Gill Teresa Davis Lisa Bero	North West Directors of Public Health (UK) Prevention Research Collaboration The George Institute Cancer Council NSW	9 February 2017
'Can the UK provide the blueprint for an active Australia?'	Justin Varney Kay Thomson	Public Health England Sport New Zealand	7 June 2017
'Social marketing and mass media for better health – state of the art 2017'	Tom Carroll Teresa Davis James Kite Vinci Li Michelle Maxwell Adrian Bauman Bill Bellew PH Phongsavan Joanne Gale Becky Freeman Divya Ramachandran Jo Chau	Prevention Research Collaboration Charles Perkins Centre	17 June 2017
'Public Health in the UK'	Kelly Mackenzie	University of Sheffield	1 November 2017
'Physical activity and health: Implications for cancer risk and survival'	Hannah Arem	Milken Institute of Public Health	15 November 2017
'Social Marketing in Public Health'	Tom Carroll	Carroll Communications	22 November 2017
'Hong Kong Report Card: Research, Development and Application'	Stephen HS Wong	Chinese University, Hong Kong	30 November 2017
'High Intensity Interval Training vs Continuous Exercise on Cardio-metabolic and Psycho-perceptual responses in insufficiently active individuals'	Eric TC Poon	Chinese University, Hong Kong	30 November 2017
'Assessing physical activity and sedentary time in epidemiological research'	Ulf Ekelund	Norwegian Sport University	15 December 2017



Seminar title	Presenters	Partner Institution/Group	Date
'Removal of sugary drinks from schools in Slovenia'	Tanja Kamin	University of Ljubljana, Slovenia	21 February 2018
Launch of the Charles Perkins Centre Epidemiology Unit	Natasha Nassar Bob Cumming Tim Driscoll Manos Stamatakis Melody Ding Samantha Lain Adrian Bauman	Sydney School of Public Health	8 March 2018
'Sport for All - What does it mean in NSW?'	Bill Bellew Phil Hamdorf Lindsey Reece	SPRINTER and NSW Office of Sport	13 March 2018
'Identifying and prioritising biological mechanisms in the published literature: linking exposures to outcomes using text-mining platforms'	Brigid Lynch	Cancer Council Victoria	24 April 2018
'System approaches for physical activity and obesity - Tackling wicked public health problems'	Harry Rutter	London School of Hygiene and Tropical Medicine	11 May 2018
'Do dogs make us happy and healthy?'	Manos Stamatakis M Valenzuela Anne Fawcett Meryl Lovarini	Charles Perkins Centre	27 June 2018



# Grants, fellowships and awards

Recipient(s)	Year	Grant, fellowship or award
Bero L, Allman-Farinelli M, Lawrence M, Scrinis G, McKenzie J, Held F, Gill T, Baur L, Nestle M, Raubenheimer D.	2018	'Strengthening the evidence foundation for public health guidelines' - project grant, National Health and Medical Research Council
Chau, J., Engelen, R., Richards, J., Gale, J., Bauman, A.	2018	Move more, sit less interventions in production sector workers - project grant, National Health and Medical Research Council project grant.
Ding, M.	2018	Sydney Research Accelerator (SOAR) Fellowship, University of Sydney
Kite, J.	2018	Vice-Chancellor's Award for Outstanding Early Career Teaching, University of Sydney
Mihrshahi, S.	2018	Charles Perkins Centre Early and Mid-Career Research Funding, University of Sydney
Partridge, S.	2018	Emerging Leaders Program, World Heart Federation
Partridge, S.	2018	Sydney Women's Mentoring Program (Academic Cohort), University of Sydney
Renzaho A, Rissel C, Baur L, Gill T, Green J, Billah M, Cronin P	2018	The Strong Families Trial: Randomised controlled trial of a family strengthening program to prevent unhealthy weight gain among 5- to 11-year old children from at risk families - project grant, National Health and Medical Research Council
Stamatakis, E.	2018	Sydney Research Accelerator (SOAR) Fellowship, University of Sydney
Baur, L, Alexander, S.	2017	Secondary level child weight management services: the appropriateness, impact and effectiveness of new service models, NSW Health Translational Research Grants Scheme
Ding, M.	2017	Vice-Chancellor's Award for Excellence in Early Career Research, University of Sydney
Ding, M.	2017	Faculty of Medicine Early Career Researcher Award, University of Sydney
Ding, M.	2017	Research Grant, Heart Foundation
Freeman, B, Phongsavan, P, Bauman, A, Gale, J, Smith, A.	2018	iCanQuit reach and process evaluation, Cancer Institute NSW.
Howse, E.	2017	Early Career Researcher Mobility Grant, University of Glasgow and University of Sydney
Lopez, P.	2017	Early Career Researcher Mobility Grant, University of Glasgow and University of Sydney
Luo, M.	2017	Fong Family Bursary, University of Sydney
Phongsavan, P, Gale, J, Bellew, W, Bauman, A.	2017	Evaluation of the anti-tobacco mass media campaign in Tonga (Phase 2), TongaHealth (Tonga Health Promotion Foundation).
Prevention Research Collaboration	2017	Vice-Chancellor's Award for Outstanding Research Engagement and Innovation, University of Sydney
Prevention Research Collaboration	2017	NSW Health Prevention Research Support Program



# Publications

In 2017-18, PRC researchers, partners and affiliates published over 140 peer-reviewed publications covering a diverse range of topics relating to chronic disease prevention, research, epidemiology and evaluation. The full list of publications is available at:

[sydney.edu.au/medicine/public-health/prevention-research/news/publications.php](https://sydney.edu.au/medicine/public-health/prevention-research/news/publications.php).



PRC awarded Outstanding Research Engagement and Innovation.

Left to right: Dr Michael Spence (Vice-Chancellor) with PRC researchers Professor Adrian Bauman, Associate Professor PH Phongsavan, Professor Bill Bellow, Dr Louise Hardy and Dr Becky Freeman.



Prevention Research Collaboration 2017 Christmas Party.

Prevention Research Collaboration  
Level 6, The Hub  
The Charles Perkins Centre,  
The university of Sydney NSW 2006

[sydney.edu.au/medicine/public-health/prevention-research](https://sydney.edu.au/medicine/public-health/prevention-research)  
+61 2 8627 1850  
[prc.admin@sydney.edu.au](mailto:prc.admin@sydney.edu.au)